# Heart Disease for Clark County, OH

Within the United States, and for Clark County residents, heart disease is the leading cause of death. Heart disease may not present itself until an individual experiences signs or symptoms of a heart attack, arrhythmia, or heart failure (Table 1). Choosing healthy foods and drinks, maintaining a healthy weight, being physically active, and avoiding/quitting smoking are some ways to prevent heart disease. Addressing any comorbidities (diabetes, anemia, chronic obstructive pulmonary disease, and others) can help lower risk of heart disease.

Table 1: Symptoms of Heart Disease, per the Centers for Disease Control and Prevention[1]

Event	Symptoms
Heart Attack	Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath
Arrhythmia	Fluttering feelings in the chest (palpitations)
Heart Failure	Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins
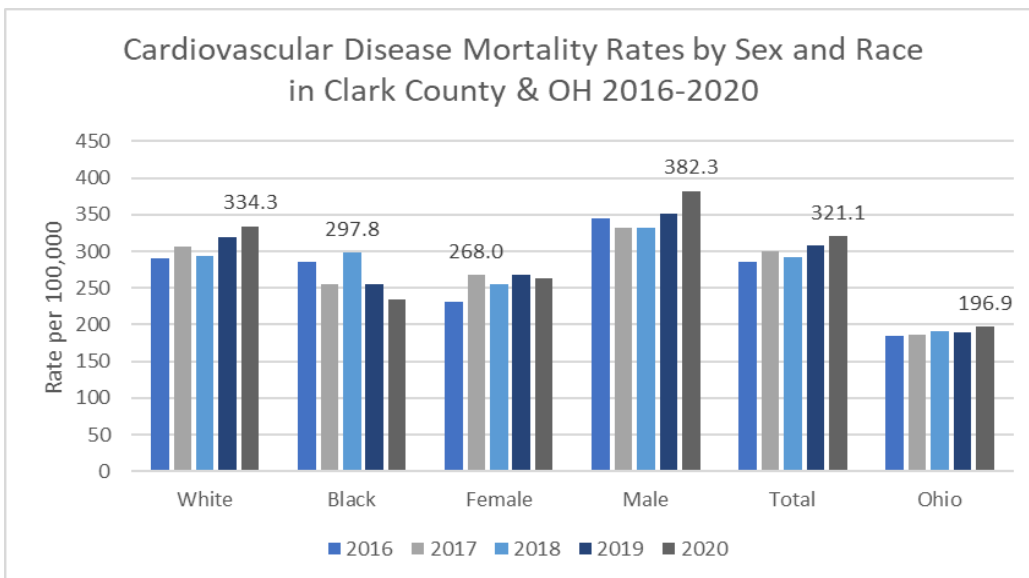
Males (of all races) have the highest heart disease mortality rate compared to females (of all races), white, and Black residents between 2016-2020. The highest mortality rate for males was in 2020 at 382.3 deaths per 100,000, followed by white residents at 334.3 in 2020. The mortality rate of Clark County residents was 1.6 times higher than the state of Ohio in 2020.

Figure 1: Heart disease mortality rate by sex and race in Clark County, 2016-2020. Data queried from ODRS

Quick Facts

- High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease
- The prevalence of heart disease generally increases as age increases
- In 2019, Clark County had an 8.7% prevalence of heart disease among adults (18+)
- It is recommended to participate in cardiac rehabilitation for anyone recovering from a heart attack, heart failure, or heart surgery

[1] https://www.cdc.gov/heartdisease/about.htm